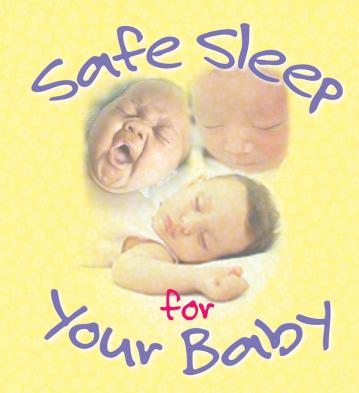
Remember

Babies should never sleep in a bed with anyone who:

- Is a smoker
- Has used alcohol, drugs or medications that make you sleepy
- Is too tired to respond to the baby
- Is very overweight
- Is a child



Safe Sleep Work Group

Missouri Department of Health and Senior Services 930 Wildwood, P.O. Box 570 Jefferson City, MO 65102-0570 (314) 751-6429

SIDS Resources, Inc.

135 W. Monroe St. Louis, MO 63122 (314) 822-2323 Fax: (314) 822-2098





Planning a Safe Place for Babies to Sleep

Why should I read this?

Throughout the first year of life, sleeping babies have died accidentally from:

- Suffocation
- Smothering
- Wedging
- Being trapped under someone or in bedding and
- Sudden Infant Death Syndrome (SIDS).

Babies sleep in many places. This is often based on cultural, traditional or personal reasons. Regardless of where babies sleep all babies need a safe sleep environment.

The following tips will decrease a baby's risk of dying while sleeping.

Things to do to make babies safer during sleep:

- Oplace babies on their back to sleep
- DO place babies on a firm, flat surface
- O use a sheet which fits tightly around the mattress
- O use a sleeper or a sleep sack instead of a blanket
- land keep baby's head and face uncovered

OTHER TIPS TO KEEP BABIES HEALTHY:

Back is best for sleep, but babies need tummy time to play!

Breastfeeding is best for babies!

Things not to do:

Don't place babies on a soft mattress, waterbed, couch, chair, pillow, comforter, or other soft, fluffy surface

Don't place babies on a mattress placed up against a wall

Don't dress babies too warmly

Don't use an older crib with openings wider than a soda can (2 3/8 inches)

Don't let babies sleep with toys, laundry, pillows, bumper pads, other children or pets

Don't use wedges or cushions to position babies

Don't smoke or allow anyone else to smoke near babies!

